

## I Believe I Can.

I believe I can do it. The only way to deal with the ups and downs in life is to have a positive attitude. I will not allow myself to say no.

“Your life is a failure.”

This was told to me by the school's biggest bully when I was in Primary One. That sentence tore me apart. The first few years of my primary school education was spent in depression and self-pity. I was a shy girl who did not speak up unless she had to. However, there was one friend, the only one I had then actually, who was the complete opposite of me. She was loud, popular, sociable, fun and most importantly, the most cheerful person I have ever seen. And she changed me. She told me that nothing is impossible. She told me that positive thinking is the key to success. I believe her. I believe in positive thinking. My life is going to be full of surprises, be it successes or failures, I will embrace them all.

Not everyone believes in positive thinking. Some say it is just a bunch of crap people tell you just to cheer you up. It is common to hear others say, “Be optimistic! Think positive!” But few actually stop to think about what it really means and put this mental attitude into practice.

Being the only child in my family, I had a lonely childhood. There was no one to share secrets with, no one to fight over shower times, no one to annoy and tease. Basically I thought my life was dull and sad. I gave up easily. If there is no one to share the joy of accomplishing something, why bother with it? My co-curricular activity was being in the school band in primary school. I hated it. I disliked the instrument I was assigned to learn and I considered myself a failure in it before I even tried. Thus I often skipped band practices and never had the heart to learn a new song piece. I had a negative attitude towards myself and thought I was the worst player in the band. As a result, I was always lagging behind. There was a turning point though. A classmate transferred to the school band. She was enthusiastic and eager to learn a new instrument. She would drag me to the band room one hour before the practice started and force me to play the instrument with her. Then she challenged me: to learn a piano piece in 3 weeks' time even though I do not learn piano. I have always had an interest in piano but I had zero motivation to learn. I decided to take up her challenge. I adopted her attitude and told myself that I could do it. If I failed, I would have to be her personal maid for one month, something I was not willing to do. Thousands of times I wanted to tear the music score and run away. But somehow I had the feeling that success was on my side. I visualized myself playing the piano gracefully and surprising her. The image of her shocked face was what pushed me on. Everyday I practiced two hours on the piano, for three entire weeks. Eventually, I had the

satisfaction of seeing her awed expression. That incident also sparked my love for piano. Whenever I hear a song that I love, I would try to learn it as soon as possible.

The people we meet affect us in one way or another, and vice versa. It's no wonder we like to hang out with people who give off positive vibes more than those who give off negative ones. Negative thoughts cause unhappy moods, which eventually lead to failures and disappointments. However, when we are positive, we are positive about succeeding. This is why I believe in positive thinking.